



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03167, Babyfood, apple-banana juice

Report Date: June 24, 2017 21:51 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.2g	1 bottle Earth's Best (4.2 fl oz) 131g	1 bottle Heinz Strained (4 fl oz) 125g	1 bottle NFS 125g	1 bottle Beech-Nut Stage 2 (4 fl oz) 125g	1 bottle Gerber Second Foods (4 fl oz) 125g
Proximates										
Water	g	87.10	--	--	27.18	114.10	108.88	108.88	108.88	108.88
Energy	kcal	51	--	--	16	67	64	64	64	64
Energy	kJ	213	--	--	66	279	266	266	266	266
Protein	g	0.20	--	--	0.06	0.26	0.25	0.25	0.25	0.25
Total lipid (fat)	g	0.10	--	--	0.03	0.13	0.12	0.12	0.12	0.12
Ash	g	0.26	--	--	0.08	0.34	0.33	0.33	0.33	0.33
Carbohydrate, by difference	g	12.30	--	--	3.84	16.11	15.38	15.38	15.38	15.38
Fiber, total dietary	g	0.2	--	--	0.1	0.3	0.2	0.2	0.2	0.2
Sugars, total	g	11.00	--	--	3.43	14.41	13.75	13.75	13.75	13.75
Minerals										
Calcium, Ca	mg	7	--	--	2	9	9	9	9	9
Iron, Fe	mg	0.20	--	--	0.06	0.26	0.25	0.25	0.25	0.25
Magnesium, Mg	mg	6	--	--	2	8	8	8	8	8
Phosphorus, P	mg	8	--	--	2	10	10	10	10	10
Potassium, K	mg	123	--	--	38	161	154	154	154	154
Sodium, Na	mg	4	--	--	1	5	5	5	5	5
Zinc, Zn	mg	0.04	--	--	0.01	0.05	0.05	0.05	0.05	0.05
Copper, Cu	mg	0.020	--	--	0.006	0.026	0.025	0.025	0.025	0.025
Manganese, Mn	mg	0.080	--	--	0.025	0.105	0.100	0.100	0.100	0.100
Selenium, Se	µg	0.3	--	--	0.1	0.4	0.4	0.4	0.4	0.4
Vitamins										
Vitamin C, total ascorbic acid	mg	27.9	--	--	8.7	36.5	34.9	34.9	34.9	34.9
Thiamin	mg	0.010	--	--	0.003	0.013	0.013	0.013	0.013	0.013

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Riboflavin	mg	0.010	--	--	0.003	0.013	0.013	0.013	0.013	0.013
Niacin	mg	0.140	--	--	0.044	0.183	0.175	0.175	0.175	0.175
Pantothenic acid	mg	0.125	--	--	0.039	0.164	0.156	0.156	0.156	0.156
Vitamin B-6	mg	0.060	--	--	0.019	0.079	0.075	0.075	0.075	0.075
Folate, total	µg	1	--	--	0	1	1	1	1	1
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	1	--	--	0	1	1	1	1	1
Folate, DFE	µg	1	--	--	0	1	1	1	1	1
Choline, total	mg	2.3	--	--	0.7	3.0	2.9	2.9	2.9	2.9
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0	0	0	0
Retinol	µg	0	--	--	0	0	0	0	0	0
Carotene, beta	µg	4	--	--	1	5	5	5	5	5
Carotene, alpha	µg	3	--	--	1	4	4	4	4	4
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU	IU	9	--	--	3	12	11	11	11	11
Lycopene	µg	0	--	--	0	0	0	0	0	0
Lutein + zeaxanthin	µg	16	--	--	5	21	20	20	20	20
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.01	0.03	0.03	0.03	0.03	0.03
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Lipids										
Fatty acids, total saturated	g	0.018	--	--	0.006	0.024	0.022	0.022	0.022	0.022
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
14:0	g	0.001	--	--	0.000	0.001	0.001	0.001	0.001	0.001
16:0	g	0.015	--	--	0.005	0.020	0.019	0.019	0.019	0.019

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18:0	g	0.002	--	--	0.001	0.003	0.003	0.003	0.003	0.003
Fatty acids, total monounsaturated	g	0.004	--	--	0.001	0.005	0.005	0.005	0.005	0.005
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
18:1 undifferentiated	g	0.004	--	--	0.001	0.005	0.005	0.005	0.005	0.005
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.034	--	--	0.011	0.045	0.043	0.043	0.043	0.043
18:2 undifferentiated	g	0.028	--	--	0.009	0.037	0.035	0.035	0.035	0.035
18:3 undifferentiated	g	0.006	--	--	0.002	0.008	0.007	0.007	0.007	0.007
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0	0	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0